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## **CRUSH IT! Café: Banana Chocolate Chip Pancakes**

Never settle for high fat, low protein, plain-tasting pancakes again. Our Banana Cream MRP and some miniature chocolate chips set the stage for protein-packed, nutritious pancakes great for a Saturday morning breakfast or pre-workout meal!

### **Recipe:**

#### **Dry Ingredients:**

2 scoops of Banana Cream Core MRP

14g miniature chocolate chips

2 packets zero calorie sweetener

1tsp baking powder

Dash of salt

#### **Wet Ingredients:**

28g ground flaxseed

8tbsp liquid egg whites or egg substitute

1tsp vanilla

Dash of water





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**Directions:**

Place ground flaxseed into a small bowl with 1-2tbsp water and set aside to moisten. Mix together dry ingredients. Add in wet ingredients including the moistened flaxseed and mix well- adding additional water as needed to reach preferred consistency. Pour pancakes onto preheated griddle in desired size, cooking for 2-4 minutes, flipping halfway through.

**Macros:**

Serving Size: 1 Batch

Servings: 1

386 calories

10g Fat

37g Carbohydrate

37g Protein



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